

# Diocese of Cleveland CYO Spring Coach's Meeting

*Giving the Very Best of Yourself!*

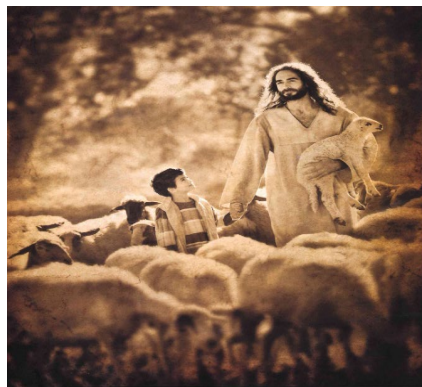
Volleyball





## DIOCESE OF CLEVELAND CYO VOLLEYBALL COACH'S MEETING

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# DIOCESE OF CLEVELAND CYO BOYS & GIRLS GRADE SCHOOL VOLLEYBALL PROGRAM PLANNER - 2026



March	10	In-person mandatory winter sports season coaches meeting, 6:00-8:00pm Magnificat High School, 20770 Hilliard Blvd. Rocky River 44116. (must attend one).
	12	2 <sup>nd</sup> -5 <sup>th</sup> Grade Division Schedules published
	13-16	Dick’s Sporting Goods Shop Days
	16	Deadline to add athletes & coaches to Volleyball rosters in SportsPilot
	18	In-person mandatory spring sports season coaches meeting, 6:00pm-8:00pm Walsh Jesuit HS, 4550 Wyoga Lake Rd, Cuyahoga Falls, OH 44224. (must attend one).
	20	6 <sup>th</sup> -8 <sup>th</sup> Grade Division schedules published on CYO website
	21	2 <sup>nd</sup> -5 <sup>th</sup> Grade Division competition begins Coaches Development Program – St. Ambrose Gym – 9:00am 929 Pearl Road, Brunswick, 44212
	28	6 <sup>th</sup> -8 <sup>th</sup> Grade Division competition begins
April	3	CYO offices closed – Good Friday
	3-5	No CYO Competitions can be scheduled – Easter Break
	18-19	Parents’ Day at the Meets
	26	Team Mass Sunday
May	2-3	Officials Appreciation Weekend
	8	Diocese of Cleveland CYO Spring Volleyball Championship Tournaments begin
	10	2 <sup>nd</sup> -5 <sup>th</sup> Grade Division season ends
	29	Spring sports season ends Sanctioned Event period ends

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**DIOCESE OF CLEVELAND CYO**  
**POINTS OF EMPHASIS**  
**CHANGES 2026**

**BLACKOUTS**

- These requests are to be submitted through the team registration process by the member athletic director.
- Blackouts are to be submitted by your Athletic Director by March 4.
  - If you have not given your Athletic Director your blackouts, please do so ASAP.
- Requests must include the date; time and reason a team cannot compete on identified dates.
  - All submitted requests must reflect the minimum amount of “blacked out” time needed.
  - All submitted requests must contain a detailed description of the reason for the request.
- Team conflict dates with a description submitted at the time of entry will be considered in the following rank order priority:
  - Religious events for athletes – Sacraments, Rehearsals, Retreats, etc.
  - School academic events for athletes – Science Fair, Music/Writing Competitions, etc.
  - Coach’s personal conflicts, or dates without a description will not be honored.

**OFFICIAL TEAM**

1. Grade School Volleyball is open to grades 1-8
  - a. All genders may participate on a 1<sup>st</sup> and 2<sup>nd</sup> grade team.
2. An official team will be a minimum of 6 players on a roster.
  - a. In all divisions, a team may begin a match with 5 players.
    - i. If a 6<sup>th</sup> player arrives after a set has begun, they will enter the 6<sup>th</sup> position.
  - b. 8<sup>th</sup> & 6<sup>th</sup> grades
    - i. When a team plays with fewer than 6 players, then a loss of serve and rally point is awarded to the opponent each time a vacant position rotates to serve in the right back position.
    - ii. The vacant position remains open when rotating to the front row.
  - c. 4<sup>th</sup> & 2<sup>nd</sup> grades
    - i. When a team plays with fewer than 6 players, it is encouraged that the team play 3 players in the front row and 2 players in the back row.
    - ii. There is no penalty assessed for playing with fewer than 6 players.

**EQUIPMENT & UNIFORMS**

- Hair adornments may be worn provided they are securely fastened and do not present a safety hazard.
- Kneepads must be worn by all player.
- Small and secured stud or post jewelry can be worn above the chin.
- Uniform tops no longer have to be a solid color. Uniform bottoms must be like-colored, but multiple styles are allowed.
- Team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom. All team members wearing an undergarment must wear the same color.
  
- Ball:
  - Girls 8th Grade Division will use a NFHS regulation leather ball for all matches.
  - Boys 8th Grade Division may use a either NFHS regulation leather ball or Molten Flistatec V5M5000 for all matches.
  - 3<sup>rd</sup>-6<sup>th</sup> Grade Divisions: Volley-lite ball.

- 1<sup>st</sup> and 2<sup>nd</sup> grade: Baden Oversized Soft-Light
- Teams should bring their own warm-up balls, especially 2<sup>nd</sup>-6<sup>th</sup> grade teams.
- Court:
  - a. 1<sup>st</sup> and 2<sup>nd</sup> Grade Division: The Court shall be 30' wide x 48' in length.
  - b. 4<sup>th</sup>-8<sup>th</sup> Grade Divisions: The Court shall be 30' wide x 60' in length.
- Net:
  - a. 4<sup>th</sup> - 8<sup>th</sup> Grade Divisions: 7' 4-1/8"
  - b. 1<sup>st</sup> and 2<sup>nd</sup> Grade Divisions: The height of the net measured in the center shall be between approximately 6' to 6' 6".

### **PRE-CONTEST COACHES RESPONSIBILITIES**

- Provide a qualified line judge. (Page 4)
- Please complete the scoresheets by writing the athlete's entire first and last name with their jersey number in numerical order.
- Provide Lineup Cards to the Official.
  - Regular season matches are assigned one official
  - Indicate the playing captain with a "C" next to the player's number on the lineup.
  - If a coach has lost or forgotten their credential, they must inform the Site Director and show proof of certification with a photo ID and either the photo of the credential or the coach's name on the certification list.

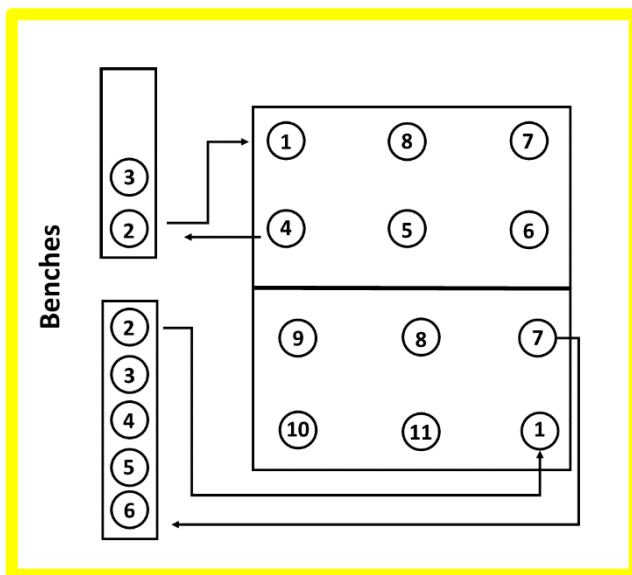
### **TIME OUTS**

- Time-out requests by the head coach or playing captain may be signaled or verbalized. This change allows for a verbal signal to be recognized when hand signals are not seen.

### **PARTICIPATION & ELIGIBILITY**

- A player on a CYO team MAY participate in two different leagues (i.e. JO, City league) during the CYO season; however a player MAY NOT be registered on two **CYO Volleyball rosters during the same season**
- **In Grades 7 & 8, if a player is a member of their interscholastic (OHSAA) Volleyball team, their eligibility could be in danger. See Section 3 of the rules.**
- 7<sup>th</sup>-8<sup>th</sup> Grade
  - 12 or fewer athletes: Must start either set
  - 13 or more: Players who start the first set cannot start the 2<sup>nd</sup> set.
  - Must play 3 consecutive positions
- 5<sup>th</sup>-6<sup>th</sup> Grade
  - 12 or fewer athletes: Must have every player start a set
  - 13 or more athletes: Must substitute for number of players over 12 when either team reaches the 12<sup>th</sup> point in set #1.
  - One full, 6 position rotation.
  - Must serve by the end of the second set.
  - No substitutions will be permitted each new starting player has met their 6 position participation requirement. A substitute, non-starter, is not required to play a full 6 position rotation when entering the set.

- 2<sup>nd</sup>-4<sup>th</sup> Grade
  - Continuous rotation with new players always entering from the bench to **the right back** position.



### GAME & TIME LIMITATIONS

- Teams failing to appear with the required number of players within 15 minutes after the scheduled starting time of a contest shall forfeit the game as declared by the assigned contest official.
- If the contest is part of a scheduled tri-match, each contest is considered separate and has its own 15 minute grace period.

### GUEST PLAYER RULE

If a team has less than 7 athletes at a match, a guest player may be moved from the member's other CYO volleyball team(s) to fill the positions at the start of a match under the following restrictions:

- The athlete meets the age/grade restrictions of the team they will assist.
- The guest player is reported by means of the link on the CYO Website **before** the match in which they will be used.
- The same individual may be moved as a guest player for no more than two (2) matches during the season.
- The athlete complies with the number of games per day competition limits as outlined in the rules.
- The guest player(s) must meet the minimum participation requirement.
- Guest player movements are to be reported on the following forms before the competition begins:
  - Volleyball Score Sheet - list the Guest Player in numerical order and check the GP like next to their name.
- Guest player playing restrictions:
  - If the guest player is the sixth player on the roster, they must be positioned in the 6<sup>th</sup> serving order.
  - If the guest player is the seventh player on the roster, they cannot start the first set.
  - If a team is using a guest player, they cannot have more than 7 players on the game day roster.

- Uniform Requirements:
  - Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
  - There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the Guest player for that match).
- Guest players cannot be used for CYO championship competitions.

### **SCORING**

- 5<sup>th</sup> - 8<sup>th</sup> Grade
  - Set 1 & 2: 25 points, no cap, win by 2.
  - Set 3: 15 points, no cap, win by 2.
- 2<sup>nd</sup>- 4<sup>th</sup> Grade
  - Set 1 & 2: 21 points, cap at 25, win by 2 or first to 25.
  - Set 3: If used to decide the winner, 15 points, cap at 25, win by 2 or first to 25. If used as scrimmage time, must end 15 minutes before the start of the next scheduled match.

### **SERVICE**

- 7<sup>th</sup> & 8<sup>th</sup> Grade Divisions
  - No limitations
  - Behind the end-line from sideline to sideline
- 5<sup>th</sup> & 6<sup>th</sup> Grade Divisions
  - 5 consecutive points
  - 6 ft. in from the end-line from sideline to sideline
- 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions
  - 3 consecutive points.
  - 10 ft. in from the end-line from sideline to sideline
- 2<sup>nd</sup> Grade Division
  - 3 consecutive points
  - 4 ft. in from the modified end-line from sideline to sideline.

### **WARM-UP PROTOCOL**

1. Total warm up time is 10 minutes
  - Five (5) minutes- Visiting team practices on the full court, including serves
  - Five (5) minutes- Home team practices on the full court, including serves
2. Site Directors and Officials may not adjust warm-up time without permission from the Head Coach of each team.
3. Teams can shag the balls for their opponents during warm-ups.

### **CAUTION AND DISQUALIFICATION**

- Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.
  - To help give all athletes the opportunity to play, CYO encourages coaches to make appropriate decisions when leading by 15 points or more.
  - Celebrations that do not uphold the dignity of the opponent are prohibited.
- Excessive celebration(s) is considered to be a disqualification (yellow/red) when the set is delayed or a player(s) draws attention to themselves. *This can include but not limited to, ace cheers, slam cheers, and dances.*
- From the whistle signaling for the serve until contact with the ball is made by the server, there shall be no deliberate outbursts or distraction by any opponent on the floor or in the bench area. This includes the opponent's coaches or their fans.

## Coaches are responsible for the conduct of the parents and fans of their team.

- A. Athletes, coaches, parents, and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.
- B. H. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.
- C. I. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven-day period.
- D. J. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practice or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen-day period.
- E. K. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one-day period.
- F. L. Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments.
- G. M. Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach's credential to the Site Director or Member Administration.

## DIOCESE OF CLEVELAND CYO TEAM FORMATION & STRENGTH

### Team Formation & Strength

Please create balanced teams. During Spring Volleyball, the team strength is not used.

### SCHEDULING

- All conferences are based on geography.
- Based on number of registered teams, we may combine grade level divisions for play.
- 8<sup>th</sup> Grade Division – 10 games, Tri-Match format
- 2<sup>nd</sup> - 6<sup>th</sup> Grade Divisions – 8 games

## TOURNAMENTS

- Tournaments will be held in the 6th - 8th grade divisions.
- **Athletic Directors** register teams for the tournament. Make sure to communicate to your athletic director if you plan to participate in the tournament.
- Teams must participate at the grade level in which they competed during the regular season.

If you have any questions, please email Ann Dauloff, [Ann.Danuloff@ccdoble.org](mailto:Ann.Danuloff@ccdoble.org)

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## CYO VOLLEYBALL LINE-UP CARD

TEAM: \_\_\_\_\_ GRADE: \_\_\_\_\_ COACH: \_\_\_\_\_

DATE: \_\_\_\_\_ GP(s) NAMES: \_\_\_\_\_

### SET #1

*CIRCLE ONE:*    SERVE    RECEIVE

SERVE ORDER	PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

### SET #2

*CIRCLE ONE:*    SERVE    RECEIVE

SERVE ORDER	PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

### SET #3

*CIRCLE ONE:*    SERVE    RECEIVE

SERVE ORDER	PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	



## CYO VOLLEYBALL LINE-UP CARD

TEAM: \_\_\_\_\_ GRADE: \_\_\_\_\_ COACH: \_\_\_\_\_

DATE: \_\_\_\_\_ GP(s) NAMES: \_\_\_\_\_

### SET #1

*CIRCLE ONE:*    SERVE    RECEIVE

SERVE ORDER	PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

### SET #2

*CIRCLE ONE:*    SERVE    RECEIVE

SERVE ORDER	PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

### SET #3

*CIRCLE ONE:*    SERVE    RECEIVE

SERVE ORDER	PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

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# CYO Volleyball Continuous Rotation Serving Order



Team: \_\_\_\_\_

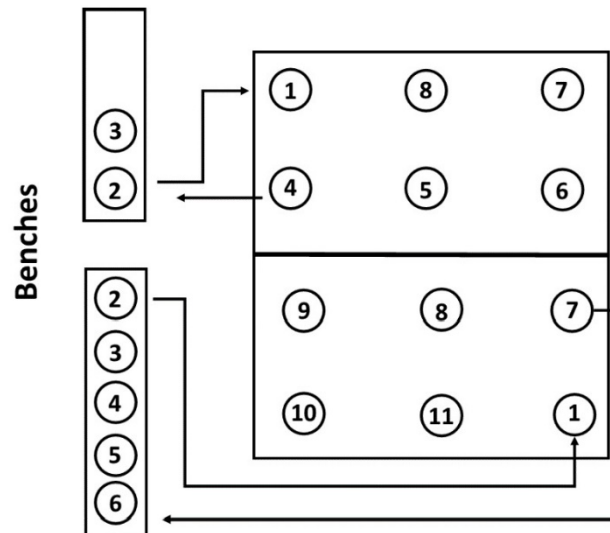
Head Coach: \_\_\_\_\_

Grade:    1    2    3    4                      Conference: \_\_\_\_\_

Location: \_\_\_\_\_                      Date: \_\_\_\_\_

Circle One: **Serve**    **Receive**

Match Serve Order	Jersey Number
I	
II	
III	
IV	
V	
VI	
VII	
VIII	
IX	
X	
XI	
XII	
XIII	
XIV	
XV	



- Used for 1<sup>st</sup>-4<sup>th</sup> Grades
- List athletes in **servicing** order
- Starting athletes are the 1<sup>st</sup> server and the last 5 servers.
- Only needed for Set 1
- Found on the website on the Documents and Forms Tab of Volleyball: Grade School

## FAQs about Sanctioned Events

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition. Refer to the “Sanctioned Events” tab on the CYO website: [ccdoble.org/cyo/](http://ccdoble.org/cyo/)

1. When can I register for a sanctioned event?  
**Whenever the event is listed on the CYO website.**
2. Is it okay to register a team for a tournament under the assistant coach’s name, since the head coach will not be at most of the games?  
**No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach’s name. However, an assistant coach can certainly be in charge at the games.**
3. May I write a personal check for a Sanctioned Event entry?  
**No - team entry fees must be paid with an official check from the member’s account.**
4. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?  
**No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. At the start of the season, your AD must provide each coach with a copy of their roster.**
5. We have (3) 6<sup>th</sup> gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?  
**No - each athlete can only play for the CYO team for which he/she is officially rostered.**
6. How many Guest Players may I use during Sanctioned Event Tournaments?  
**ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2-C-1**
7. Can we enter a community-sponsored event if we use our nickname rather than the parish name?  
**No - CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1-G**
8. In how many sanctioned tournaments can my team play?  
**Game and tournament limit rules are published in the CYO sport specific rules and vary according to grade level.**
9. If an athlete or coach is ejected from a sanctioned event, do they sit out the next scheduled CYO game or the next SE game?  
**The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 9-1-5-B**
10. A Sanctioned Event Tournament shows it has ‘A’ and ‘B’ levels for 7<sup>th</sup> grade. Which one do I enter?  
**The format of the tournament is at the option of the Sanctioned Event Director, we encourage you to enter tournament that best fit your level of competitive balance.**
11. We are scheduled for an 8:15 pm game. I thought we couldn’t play after 8 pm. What should I do?  
**Contact the Event Director and your AD Director immediately. Inform the CYO Administration as well. Please refer to Bylaw 4-3-1 and sports specific rules for clarification/exception.**
12. Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?  
**No, events need to be concluded by the published CYO end of the season date for that sport.**
13. Does CYO supply scoresheets for Sanctioned Events?  
**No, due to high printing costs, CYO is unable to provide score sheets for SE. A template is included in the Sanctioned Event approval packet to make copies. Consider purchasing a scorebook, along with other tournament supplies from Dick’s, one of our partners.**

## Coaching Styles that Take the Fun Out of Sports

By Kristen Gostomski, CFSC

According to a poll taken by The National Alliance for Youth Sports, 70% of kids quit sports by the age of 13. The No. 1 reason? It isn't fun anymore.

For either competitive or recreational athletes, the first priority is that kids enjoy practices and games so they want to return the following season. That means training and playing have to be fun. Fun and competition can go hand-in-hand. At the same time that sports can be physically and mentally demanding as well as competitive, kids can be having fun.

***A youth coach is a teacher, a mentor, and a role model who has the power to shape lives—for good or bad—and to leave a mark in the memories of young athletes.***

Based on my experience of consulting with young athletes and their parents, the following coaching styles can contribute to kids feeling a lack of enjoyment in sports.

As an ultra-competitive youth sports coach and parent of youth athletes I have behaved—at one time or another—in some of the ways described below. These coaching descriptions are not meant to judge. As coaches, we all have work to do. The key is to recognize when we're acting in ways that may be detrimental to children, and work to change.

**The Dull Coach:** Coaches who run boring, unchallenging practices with a lot of standing around and little emphasis on development or competition. The Dull Coach gives long explanations and directions, runs exercises that require athletes to stand in lines, and concentrates primarily on game situation drills with little focus on individual development. The dull approach can lead to a lack of effort and engagement—especially from the most competitive and athletic players.

**The Over-Coaching Coach:** Coaches who give excessive input to their athletes and make all of the decisions for their players. The Over-Coaching Coach will correct every swing at the plate, position every movement on the field, and give constant feedback in practices and games. This coaching style makes it impossible for athletes to think and react for themselves, leading to a lack of both mental and physical development. The over-coaching approach can be debilitating for an athlete and very difficult to overcome, even after moving on to a new coach.

**The Win-At-All-Costs Coach:** Coaches who will sacrifice the physical and emotional development and welfare of their players to win games. Perhaps the most destructive coaching style is the Win-At-All-Costs Coach. This coach will over-pitch the best pitcher, rarely play the reserves, waste valuable practice time working on set plays over developing long-term athleticism, and belittle struggling players. This coaching style leads to anxious and burned-out athletes. The win-at-all-costs approach can also damage young brains and negatively impact the mental health of players well into adulthood.

### **Focus on Long-Term Athletic Development Over Short-Term Success**

An important responsibility of a youth coach is to develop athletes—physically, mentally, and emotionally—in an age-appropriate context, with a vision toward long-term athletic development.

Today's youth sports culture is misguided in the way of evolving athletes. Parents and coaches sometimes demand—at an early age—that kids quit other sports they love to focus on intense, specialized year-round training for a single specific sport. The problem with early specialization is that kids miss important steps in the process of development. In the early years, learning and growing fundamental movement skills is more important than sport-specific skill development. Studies support kids engaging in free play and multiple sports early in order to develop coordination, speed, quickness, and general athleticism—all skills which eventually lead kids to reach their full athletic potential.

## Running a Practice - Use a Practice Plan - CYO

Volleyball is a game that is constantly on the go and you need to make sure your players are in great shape. They won't like taking the time during practice for conditioning, but it will improve their game performance. Keeping the players moving while having the right amount of instruction is key. Take enough time during practice to make certain that proper instruction is given.

Here is a model of what should be done during each practice. There are five key elements to running a great practice: Warm-up/Conditioning, Technical Training, Tactical Training, Competition, Cool Down and Communication. Below is an example of each as it relates to volleyball.

- **Warm-up/Conditioning**
  - Start with Static Stretching: Legs, Arms, Neck, Ankles, Torso
  - Light movement warm up: Jog to net, Skip front and back, Slides, Kicks, Soft toe jumps
  - Ball Control practice: Toss with a partner, Toss then pass, Toss then Set, Table-top self pass, Self set
  - Short sprints, Back pedal
  - Water Break – coach explains practice goals for the day
  
- **Technical Training**
  - Working on a specific individual skill: Passing, Serving, Hitting, Setting, Receiving Serves, Blocking, etc.
  - Run drills to support the Technical Skill for the day
    - Demonstrate and instruct properly first
      - It takes only doing something wrong twice to create a bad habit, and 14 times to develop a good habit; and 39 times to break a bad habit.
      - Repetition is important for skill development. Keep players moving – set up several stations of the same drill(s).
    - Try to provide constant correction and reinforcement to develop good technique.
  - Set a goal for each player to achieve in accomplishing the skill
  
- **Tactical Training**
  - Developing team play and game situation skills: Covering a passer, Court positioning, Watching your opponent with the ball, How to recognize a Free Ball, etc.
  - Run game situation drills that require playing the ball back over the net.
  - Split the team into Offense and Defense and run “wash style” drills.
    - If possible, have an assistant toss/throw/hit the ball into play
    - Create a challenge and keep score; i.e. scoring 5 points in 5 minutes.
  
- **Competition**
  - Playing Volleyball related games to hone learned skills
    - Short court, Deep court, Split court 3 on 3, Spot serving, Dead Fish, Bingo-Bango-Bongo, etc.
    - Keep the competitions fun! Throw in some little “coach’s twists” on the game.
  - Avoid playing strong players versus weaker players games.
  
- **Cool down and Communication**
  - 10 serves, keeping track of how many good serves out of 10 are made. Set a team percentage goal for this every day.
  - All team members to put away equipment
  - A jog lap around the court/gym, followed by stretches
  - Coach critiques and praises during stretches
  - Coach listens to questions, provides feedback
  - Coach presents a final message (info, what’s next, etc.)
  - Team cheer

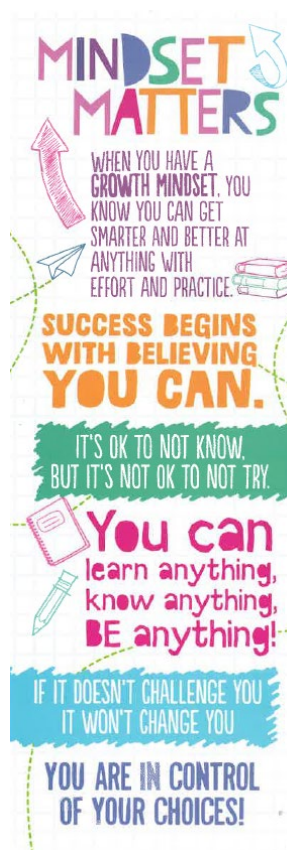
## Practice Time Tips:

- PREVENT INJURIES! Give ample rest and water breaks.
- If you are the first practice in the gym, have the team arrive 10 minutes early to help set up the net(s), get changed and do their Static Stretches, before practice starts.
- If the gym is in use ahead of you, have the players arrive 10 minutes early, get changed and stretch in the hall, beforehand.
- Have, more than one volleyball for each player. Two carts are ideal. Gathering volleyballs takes time away from practice.
- Make out your practice plan at least a day in advance.
- To prevent injury, make sure the gym floor is clean and dry.
- Stay on task and on time for practice. Players like structure. Carry a whistle and a watch, preferably with a stopwatch.
- Never interact with parents before, during, or after a practice if there are players around.

Typical Practice Timings:	1 hour	1.5 hours	2 hours
Warm-up/Ball Control	8 mins.	10 mins.	10 mins.
Technical Training*	15 mins.	22 mins.	40 mins.(2 skills)
Tactical Training	15 mins.	22 mins.	30 mins.
Competition	10 mins.	21 mins.	25 mins.
Cool Down	8 mins.	10 mins.	10 mins.
Communcation	4 mins.	5 mins.	5 mins.

\* Devote more Technical Training time to younger/new players.

Final Note: Make sure, especially at the younger ages, that players are having fun. It is ok to be tired after practice, as long as they leave the gym with a smile. That's what keeps them in volleyball programs for years to come.



# CYO VOLLEYBALL

## Basic Player and Team Expectation Guidelines by Grade Level

	<b>Player Fundamentals</b>	<b>Team Skills</b>	<b>Game Intelligence</b>
Gr 2/3	Execute Forearm Pass Execute Underhand Serve Learning Shuffle steps	Learn to move to the ball Learn to call the ball; "mine" "in/out" How to rotate around the court	Understanding Rally Scoring Knowing 3 hits on a side Learning playable areas, antennas, lines, ceiling, serving, etc.
Gr 4	Consistent Serving Execute other types of passes	Passing to other teammates Serve Receive movement and back-up	Learn court numbers & positions Understanding faults; net, double & prolonged contact, etc.
Gr 5	Passing to target (setter) Execute good footwork Execute Overhand Serve	Developing 3 touch play Area serving; short and deep Calling "off/go/open" in zone coverage Playing from 'base' position	Understand the differences of offense, defense, & transition Seeing opponents through the net Learning where to hit the ball
Gr 6	Execute Spot Serve Consistent setting technique Execute Hitting-the-floor coverage Execute 'roll-shot' attack	Develop full approach hitting/tipping Playing without the ball, & playing a "Free" ball Back row hitting Active communication between players	Learn to read hits for pass or dig Understand front/back row movement Understand net hitting zones How to find the opponent's setter
Gr 7	Execute 'deep-push' attack Consistent zone serves Execute good blocking technique	Covering the hitter and blocker Introduce types of serves; float, cut, top-spin, etc. Out of System play for score	Reading opponent offense & defense Recognizing when to adjust your play
Gr 8	Execute Jump Serve Execute good read and release Consistently hitting different shots	Develop hitting combinations & plays Develop single and double blocking strategy Calling out opponent blockers and hitters	Identifying each opponent's position Learn the habits of your opponents Learn to add-value with every rally.

This information is being provided as a suggested benchmark for your players and team. Each subsequent grade level builds on the previous. It is also intended as an evaluative tool for gauging the progress of your team throughout the season. Understandably, with the short season and limited practice times, you may not be able to accomplish every expectation provided herein. Please see this only as a guide on the sliding scale of team development.

## VOLLEYBALL STUDY GUIDE



### THE GAME

Volleyball is a game played by two (2) teams of six (6) players each. One team serves the ball over the net, trying to make the ball land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area. The team that has caused a side-out to occur will have their players rotate in a clockwise manner before serving the ball. The receiving team stays in current position.

### THE COURT

The court is 60 feet in length and 30 feet wide. A center line, parallel to the end lines, shall separate the court into two equal playing areas of 30 feet by 30 feet. The spiking line is 10 feet from the net. The net is set at different heights for play: Women: 7 feet 4 ¼ inches Men: 8 feet

### SCORING

Rally scoring is used in volleyball; therefore either the serving team or the receiving team can score a point. A point shall be awarded to a team when its opponent fails to return the ball in a manner prescribed by the rules. During P.E. class, a game of volleyball is played until a team scores 21 points and has at least a 2 point advantage. Winning two of three games gives a team the match.

### RULES

When serving, the server must remain behind the service/baseline until the ball is contacted. The ball may be served either underhanded or with an overhead serving motion.

During a play (not on the serve), if the ball hits the ceiling (or anything else up above) and comes back down on the same side, it is playable. But, if the ball hits something up above and goes over the net to the **other** side, it is a dead ball. On a serve, if the ball hits the ceiling (or anything else up above) – it is a fault and the other team receives a point.

If the ball hits the net on the serve and goes over, it is a good serve. If the ball hits the net and goes over during a volley back and forth between the two teams, it is playable. Therefore, any ball that hits the net, goes over the net, and will land in-bounds is considered good and should be played.

A ball landing on the line during a game is good.

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The serve should be received with a bump (underhand pass). A player may not hit the ball twice in a row unless the first hit is off a block of a spike. The ball may be hit with any part of the body above and including the waist. A team may contact the ball a total of three (3) times before it is sent over the net. A block is not counted as one of the three allowable hits. If two or more players on the same team contact the ball simultaneously, it is considered one hit, and players involved may hit the ball again. This next hit is counted as an additional contact for that team.

**One of THE most important things to do is to be sure you are in position to play the ball!** In other words, get your body behind, and under, the ball before attempting a bump or set whenever possible!

### NET PLAY

A player may not contact the net during play. As mentioned earlier, the ball contacting the net during a serve is playable. Reaching over the net to block a ball travelling toward the net from a spike is legal. A player may not reach over the net and block a ball being set by the opposing team. A back row player may not block or spike at the net, but may spike a ball when behind the 10 foot line.

### SERVE RECEPTION



CF: Center Front: This player is the setter. Usually, they will make the second hit, which is called a set to the front line players to either spike or hit it over the net.

LF/RF: Left / Right Front: These players receive short serves and are prepared to spike or hit the second or third hit over the net.

CB: Center Back: This player covers the middle playing area of the court.

LB/RB: Left/Right Back: These players are responsible for covering all balls hit deep in the court, including those hit behind the center back player.

### FAULTS/Violations

Anything that is done which is against the rules in volleyball or causes the play to end (and a point is awarded).

Here are some examples of faults in the game of volleyball:

When the server steps over the line when s/he serves (foot fault). Any ball that lands out of bounds.

The same player hitting the ball two times in a row. A serve that doesn't make it over the net.

When a player touches the net with any part of their body or clothing. When a player steps over the dividing line (real or implied) under the net.

When a player reaches over the net to contact a ball that is being set by the other team.

When a served ball comes into contact with anything that is considered out-of-bounds (e.g., bleachers, wall, pole, ceiling, basketball hoops).

Contacting the ball below the waist without having hands connected. Lifting or carrying the ball.

A back row player spiking the ball from a front row position. Using more than three hits to get the ball over the net.

A ball that hits the ceiling and then goes over to the other teams' side.

## TERMS

**ACE:** An uncontested serve (no one touches it) that lands in bounds.

**BLOCK:** A defensive play attempting to block or stop the returning ball over or near the net.



**BUMP:** Also called the forearm pass; An underhand pass hit with your forearms when the ball is below your shoulders; used to receive the serve.



**DIG:** A one-handed save.

**DRIVE:** A one-handed hit made over the head, using the heel of the hand; used when playing in the front row to send the ball in a straight line across the net; feet remain in contact with the ground (no jumping)

**END LINE:** The line at the back of the court, marking the boundary line; where a server must stand behind when serving

**FOOT FAULT:** To step over the service line (endline) while serving the ball.

**MATCH:** The team that wins two out of three games.

**POINT:** A point scored by the serving team (1 point at a time). **ROTATION:** Shifting positions clockwise before the next serve.

**SET:** A pass, higher than the net, usually the second hit, used to pass the ball to a spiker/hitter in the front row.

**SIDELINE:** The lines on the side of the court; marking the boundary of the court

**SIDE OUT:** Ending the teams' right to serve, following a rule infraction.

**SPIKE:** A ball hit with great force from a height above the net.

**TIP:** A fake spike



## CYO GRATITUDE

Coach complete the following sentence: *One thing that I am grateful for receiving this evening is.....*

Thank you for your comments and support. We wish you nothing but the best as the season begins.

***We encourage you to use this with your players after every game and competition***

### **Commitment Prayer**

In the name of the Father and of the Son and of the Holy Spirit.

Thank you God for being with me today, and for entrusting your children to my care through CYO Sports. As I prepare to return to my parishes and communities, give me the strength to share your love and caring through my actions as a CYO Coach. I give my time, talent and treasures to you that I may better serve my CYO teams and families.

Lord God, I make the following commitments to you today.

I will be a Christian role model who helps athletes discover their value and responsibility to the team, church and community.

I will coach every child on my team to improve their skills through practices, competitions and games

I will teach and encourage good sportsmanship by demonstrating positive support, patience, courteousness and respect for all athletes, officials, fellow coaches, volunteers and administrators.

I will read and follow the letter and spirit of the sport rules, policies, and Diocese of Cleveland CYO Charter and Bylaws.

I will remain aware that my conduct has an influence on the love a child may develop toward sports, and therefore make an effort to have the children on my team have fun while also learning about athletics, themselves, their teammates and our Catholic Christian Community.

I will remain mindful that your conduct has an impact on the conduct of the players and fans at a competition and make a commitment not to yell at officials, players, opposing coaches or fans and always demonstrate an attitude symbolic of the CYO Mission and Values.

I will make an effort to grow as a Christian by going to mass and celebrating the sacraments to be strengthened to love and serve God and the young people entrusted to my care.

Almighty God, the Father of our Lord Jesus Christ, who has given us new birth by water and the Holy Spirit, hear the commitments made me, your servant, here today. I know you have given me spiritual capabilities, and with your light and direction I can fulfill these commitments and build the community of God. I ask this in the name of the Father, and of the Son, and of the Holy Spirit. Amen

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